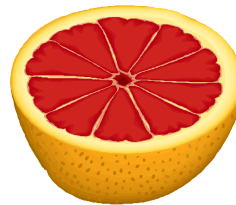
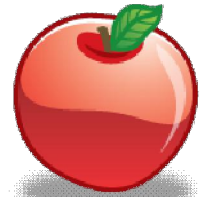
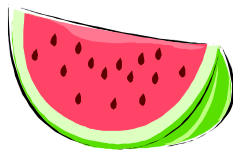
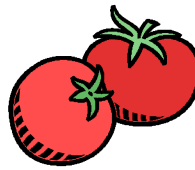




I spy with my little eye...



1. I can be red or green and I am full of Vitamin C. **What am I?**
2. I grow under the ground and can be red or white. I am full of potassium and can help keep your heart strong. **What am I?**
3. I am full of seeds and my leaves are often used to make flavored tea. I am full of lutein and can help your vision. **What am I?**
4. I am used in many sauces and while most people think I'm a vegetable, I am really a fruit. **What am I?**
5. I am high in protein and can be eaten instead of meat. **What am I?**
6. I am mostly made of water but contain Vitamin C which helps your body fight off germs. **What am I?**



Springfield-Greene County
Health Department
Helping people live longer, healthier, happier lives